

In the Specification:

Page 1, after the title, please insert the following paragraph

CROSS-REFERENCE TO RELATED APPLICATIONS

This application is a Divisional Application of co-pending Patent Application Serial No. 09/791,321 filed February 22, 2001 now U.S. Patent No. _____ which claims the benefit of U.S. Provisional Application Serial No. 60/184,905, filed on February 25, 2000 and titled "Exercise Device for Strengthening the Lower Back Area".